

Air Force Prime Time, a weekly news magazine for and about airmen stationed overseas, airs Thursday evenings at 8:25 p.m. Central European Time on AFN television. In this week's edition, Air Force Red Horse Team Helps a Portuguese Island Rebuild, Reservists Crew AWACS Flights Over Operation Northern Watch and more.



News briefs

Software training

The Wing Software Training Program seeks Microsoft Access, Excel, PowerPoint, Word and Outlook instructors. Military, civilian and local nationals may apply. Call 452-5384 or e-mail 52fw.wingsoftwaretraining- (no hyphen) @spangdahlem.af.mil for details.

Commissary hours

The Spangdahlem commissary's new hours begin Nov. 5. The new hours are:

■ 9 a.m. to 7:30 p.m. Monday through Friday

■ 8 a.m. to 6 p.m. Saturday

■ 10 a.m. to 4 p.m. Sunday

White Swan

The hours for transportation to and from Rhein-Main Air Base, Germany, have changed to accommodate the addition of Buechel AB, Germany, to its schedule. As of Tuesday, White Swan departure hours are:

■ 5 a.m. Bitburg temporary lodging

■ 5:30 a.m. Spangdahlem temporary lodging

■ 6:50 a.m. Buechel AB main gate

Arrival time at Frankfurt International Airport is 8:35 a.m. Saturday departure times are 30 minutes later for each location.

Call the base transportation management office at 452-6661 for more information.

New e-mail address

The 52nd Supply Squadron Defense Reutilization Marketing Office's new e-mail address is "52SUP/DRMO Turn In," in the global listings. To turn in an item, schedule an appointment by calling DRMO. Provide a list of the items and quantity of each. E-mail the list to the wing supply squadron along with the DRMO drop-off date. A DRMO

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Eifel Times

Vol. 34, Issue 38

Spangdahlem Air Base, Germany

Oct. 13, 2000



Master Sgt. Julie Foglesong

Desert wash

Airman 1st Class Jeffrey Dorman Jr., 363rd Air Expeditionary Wing aircraft maintenance, washes an F-16, preparing it for its next sortie from Prince Sultan Air Base, Saudi Arabia. About 100 members of the 22nd Fighter Squadron are currently deployed to PSAB to help enforce Southern No-Fly and No-Drive zones in Iraq. The 22 FS is scheduled to return to Spangdahlem Air Base in December.

Debris on runway costs lives

Preventing trash on flightline more than good housekeeping

By Staff Sgt. Cindy Maier
52nd Fighter Wing Public Affairs

It's amazing to consider that a small strip of metal could be responsible for killing more than a hundred people.

However, in July, an Air France Concorde jet was taxiing for takeoff from Charles de Gaulle airport in Paris when investigations reveal one of its tires ran over a 17-inch metal strip on the runway. The strip, which was a foreign object on the runway, caused the tire to explode. Pieces of the tire pierced a fuel tank, eventually causing the supersonic jet to crash into a

nearby hotel, killing 113 people.

Further investigations discovered that one of the three daily runway checks at Charles de Gaulle, which was scheduled just prior to the Concorde's scheduled takeoff, was postponed in lieu of a practice fire drill.

Thankfully, since the level of awareness about FOD is high here, according to Master Sgt. Thomas Fisher, Spangdahlem hasn't experienced anything as large-scale as the Concorde disaster. Nonetheless, Fisher, base FOD monitor, said, with something as serious as FOD, there is no room to let up the attentiveness.

See FOD, Page 3

Supplemental food program reaches overseas

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON — A government-sponsored supplemental food and health education program available to stateside military families will soon become available to families overseas as well.

The Special Supplement Nutrition Program for Women, Infants and Children, commonly known as WIC, will begin overseas in early 2001, said Roger W. Hartman, a TRICARE health policy analyst.

"We have folks in the military stateside who are using WIC, but then get orders for overseas duty and lose the benefit. That's like taking a cut in pay," he said.

"Congress directed us to make WIC as available to personnel overseas as it is to those in the United States," he

said. "We're talking fundamentally about pay and money and making supplemental foods available to people where they are not available now — and improving the overall health, diet and nutrition of the family members in the process."

The Child Nutrition Act of 1966 authorized WIC. Benefits have been available to military families stationed in the United States and its territories since about 1972, Hartman said. A recent amendment to U.S. Code Title 10 allows DOD to extend the program overseas.

The U.S. Department of Agriculture administers the WIC program in the United States. The program focuses on low-income, pregnant women, new mothers, infants and toddlers, he said. Participants receive vouchers at no charge that can be redeemed for specific food products prescribed by health care professionals. The program also offers nutritional education

and health counseling services.

"WIC participants overseas will need to have access to military medical facilities to obtain nutritional screenings and eligibility determinations. They will also need access to a food supply, which overseas will be our military commissaries and Navy exchange markets," Hartman said.

While stateside WIC beneficiaries can use food vouchers in any store that will accept them, DOD has no plans to arrange for voucher use in foreign grocery stores, he added.

TRICARE, medical and Defense Commissary Agency officials will co-manage the overseas WIC program, Hartman said. TRICARE is only a co-manager — the WIC overseas program is not a new TRICARE benefit.

See WIC, Page 2

Drivers cautioned to adjust speed for wet winter weather conditions

By Tech. Sgt. Franklin McElhane
52nd Security Forces Squadron
reports and analysis

The rainy season arrives once again in the Eifel region. The combination of rain and wet leaves caused one major and nine minor vehicle accidents last week.

The only major accident happened on B-50 between the two Metterich exits. A BMW was traveling at a speed too fast for conditions when it slid off the road and rolled over, totaling the vehicle. The driver was not injured.

Along with the rain and leaves, two other hazards have recently reappeared — fog and deer rutting season. During the rut, deer don't hesitate to cross roads at any time

during the day. Drivers need to pay close attention particularly during the early morning and late evening.

Already this week, Monday through Wednesday, 14 accidents occurred of which 90 percent were caused by wet, rainy conditions. One was caused by a deer.

In addition, there were nine minor accidents:

- Seven accidents involved speeds under 30 mph.

- Five of the accidents were in parking lots (dining hall, Bitburg base exchange, etc.).

- The damage cost this week for minor accidents totaled \$7,050.

Base youth are reminded to stop, look and listen before crossing streets. Also, people are encouraged to use base crosswalks.



Capt. Glen Roberts

Give blood

U.S. Army Specialist Christine Sheehan, 226th Medical Logistics Battalion, U.S. Army in Europe Blood Donor Center, checks on Tech. Sgt. James Roy, 52nd Transportation Squadron, during a blood drive held Wednesday in the Spangdahlem Air Base Community Activities Center. The event, sponsored by the 52nd Civil Engineer Squadron, garnered more than 35 donors in four hours. The blood will be used by U.S. military units throughout the European theater.

WIC

Continued from Page 1

WIC office locations on overseas military installations will be determined by the local commands, he added.

About 7 million people living in the United States and its territories use WIC benefits every month, Hartman said. Program benefits will be available to U.S. service members, DOD civilian employees, DOD contractors and their family members.

Pentagon officials estimate up to 40,000 persons overseas may be eligible to use WIC. Hartman said the program will be implemented in phases:

- Phase 1: WIC begins early next year at Yokosuka, Japan (Navy); Okinawa, Japan (Marine Corps and Air Force); Guantanamo Bay, Cuba (Navy); RAF Lakenheath, England (Air Force); and Baumholder, Germany (Army).

- Phase 2: WIC should be in place by mid-2001 at all remaining overseas sites served by military medical treatment facilities and commissaries and Navy exchange markets. WIC will be offered at remote overseas locations contingent on suitable medical facilities and commissaries and Navy exchange markets.

"Some people in truly remote areas won't have access to WIC," Hartman said.

WIC serves 45 percent of all infants born in the United States, Hartman estimated. The eligible populations served include:

- Women throughout pregnancy and up to six weeks after birth or after pregnancy ends.

- Breastfeeding women, up to infant's first birthday.

- Non-breastfeeding women, up to six months after the infant's birth or after pregnancy ends.

- Infants up to their first birthday.

- Children up to their fifth birthday.

Hartman said income is a key determinant in WIC program eligibility. Participants' gross income must fall at or below 185 percent of the U.S. Poverty Income Guidelines, he noted.

The second major qualifier for WIC eligibility is a nutritional health risk assessment conducted at a medical facility, Hartman continued.

Foods that can be obtained with WIC vouchers include those rich in vitamins and minerals, such as iron-fortified infant formula and cereal, iron-fortified adult cereal, vitamin-C-rich fruits and vegetable juices, eggs, milk, cheese, peanut butter, dry beans or peas, canned tuna and carrots.

For details on the WIC program, eligibility rules, income tables and more, visit the Department of Agriculture at www.fns.usda.gov/wic/.

Briefs

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representative will reply with a date to pick up the paperwork.

Call DRMO at 453-6299 for more information.

Overseas returnees EQUAL list

The latest Enlisted Quarterly Assignment Listing of available overseas returnee enlisted assignments becomes available at military personnel flights and online Oct. 24.

This list includes assignments for people eligible to return from overseas in February through April 2001.

Personnel officials recommend

assignment preferences be updated by Nov. 3 to ensure the information is updated in the computer system before actual assignments are made. Air Force Personnel Center officials said assignments would be released on or about Nov. 20.

All special-duty assignments appear on EQUAL-Plus and are updated weekly.

People on temporary duty during the advertising period should contact the nearest personnel office for assistance.

Snow parade

The 52nd Civil Engineer and Transportation squadrons' annual Snow Parade takes place at 10 a.m. Oct. 28 through the base housing area. Candy and

Mardi Gras beads will be given away during the parade. A static display featuring base snow removal equipment takes place 8-10 a.m. behind building 307.

Tip of the hat

- Men's sideburns are to be neatly trimmed and tapered in the same manner as the haircut. They will be straight and of even width (not flared) and end in a clean-shaven horizontal line. They will not extend below the lowest part of the exterior ear opening. (This doesn't apply to people with shaving waivers.)

- The BDU shirt length will extend below the bottom edge of the back pants pocket flap and will not extend past the top edge of the cargo flap pocket. The BDU

pant legs will be bloused, and no more than one-inch above the top of the boot; not folded and tucked.

This information and more on dress and appearance standards, and customs and courtesies is contained in Air Force Instruction 36-2903 and its supplements, or AFI 36-2203.

Volunteers needed

The Spangdahlem Honor Guard seeks volunteers to serve in this prestigious program. Military members within the ranks of airman basic to staff sergeant with a minimum of one-year retainability can call Staff Sgt. Sean Applegate at 452-6783 or Tech. Sgt. Malik Sultan at 452-6108 for more information.



Youth programs gymnastic coach, Tracy Temples, offers Clarissa Kovar, gymnastics pre-team member, some pointers on executing a perfect back hand spring. The renovated youth center sports a new gymnasium and gymnastics center. Basketball and cheerleading registration is going on now.



Photos by Senior Airman Jennifer Lindsey

Cody Boring, age 6, and Haleigh Reyney, age 5, work together assembling a floor puzzle of the United States. The puzzle is one of the many new pieces of play equipment and games the Spangdahlem Air Base youth center acquired as part of its recently completed building renovation.

Children enjoy 'new' center benefits

By Senior Airman Jennifer Lindsey
52nd Fighter Wing Public Affairs

The newly renovated base youth programs center grand opening celebration took place Tuesday. The center's opening is a big step toward earning a much needed National School Alliance accreditation, which is a recent mandatory Air Force requirement, according to Nancy Warner youth programs training and curriculum specialist.

"We're all very excited about the center's opening, especially the children," said Kelly Friend, youth programs school-aged children's coordinator.

Building renovations included the remodeling and expansion of center rooms; new cabinets, doors and flooring; and activities equipment.

Youth Programs on Spangdahlem Air Base and the Bitburg housing annex provides a variety of before- and

after-school activities, and sports programs for children ages 5-14 and teen centers for youth ages 12 and older. In the summer, camps and activities, such as field trips, offer youth something constructive to do while school's out.

"It's fun coming here," said Blake McCoy, age 8. "I like the art and crafts, and to play with the Kinex set. Being at the center is better than being watched at home because of the toys, games and other stuff to play with."

Enrollment prices vary according to rank. For example, the price for before- and after-school care ranges from \$36 weekly for one child to \$69.

Call the base youth center at 452-7545 or the Bitburg location at 453-7329.

FOD

Continued from Page 1

Locations of concern for Spangdahlem are the active-taxiway crossings on the flightline. In one particular area, after performing a thorough FOD check, people are allowed to cross the taxiway to get to the offices located in the tower. Sometimes, people crossing either aren't familiar with the proper way to check for FOD, or they simply aren't doing it, said Staff Sgt. Charissa Allsup of the airfield management flight.

Some people might not know that something as small as a pebble stuck in their car tire, or even a twig, can cause serious damage to an aircraft, particularly the F-16, since its engine is so close to the ground, Allsup said.

A pebble can get sucked up into the engine and nick fan blades. "The tiniest nick on a blade can disrupt airflow enough to cause major problems further down in the engine,"

Fisher said.

For convenience, all FOD checkpoints are equipped with a pick to help dig pebbles and rocks out of tires, a flashlight for nighttime drivers and a can to place the FOD in.

If someone finds FOD on the flightline, they should not only pick it up, but, depending on the type of FOD, they might need to contact airfield management and the FOD monitor.

"If it is a rock or something that has blown onto the flightline, they should remove it. But, if it is a piece of the concrete, they should let us know so we can evaluate the pavement in that area," said Master Sgt. Tony Williams, chief of airfield management.

Also, if someone finds a tool lying around, they should make a call to report it.

"Tool inventories must be taken after

maintenance is performed on the aircraft. Every time there is a tool missing, airfield management and the FOD monitor must be notified so we can make sure it hasn't been left somewhere on the aircraft," Williams said.

Fisher said the worst incident he has seen in his 22-year career involved a missing tool and happened here just two years ago. During an intake inspection, a crew chief left a tool in the intake. He failed to do a tool inventory when he finished and the pilot cranked up the engine. According to Fisher, the missing tool caused around \$48,000 worth of damage to the motor.

Despite the accident, Fisher maintains FOD awareness at Spangdahlem is high.

"There's a very good program in place here and the people on the flightline are the ones who carry it out," Fisher said. "It's important to keep it up because one mistake can ruin everything."



Capt. Dave Ramirez

Damage to an A-10 Thunderbolt fan blade caused when the engine intake ingested a bolt. Although the damage may not look like much, such nicks on a blade can disrupt airflow and cause major problems further down in the engine.

PSAB conducts chemical exercise, bunker run

By Staff Sgt. John Jung
363rd Air Expeditionary Wing Public Affairs

On an early Saturday morning, as the sun was rising in the sky, coalition forces found themselves funneling into bunkers and dormitory hallways as the "Giant Voice" system blared warnings of Alarm Red.



As part of exercise Desert Warrior 00-11, the "bunker run" demonstrated the 363rd Air Expeditionary Wing's ability to respond to a chemical attack, according to Staff Sgt. Mark Hosick, 363rd AEW wing plans non-commissioned officer in charge.

"This was a perfect chance for us to re-emphasize the threat we face here and to re-familiarize everyone with their required response actions."

Throughout the exercise, which began Oct. 6 when the base entered exercise Alarm Yellow, members of the 363rd AEW exercise evaluation team watched to make sure people wore the proper protective equipment. And like a fashion trend straight off the walkways of New York, Paris or Milan, members of Prince Sultan Air Base dutifully wore their helmets, web gear, canteen and gas mask carriers while in Alarm Yellow.

Evaluators were also looking for a sense of urgency from the troops while responding to the exercise.

As the simulated attack passed, the troops unmasked and

ventured out of their bunkers to check for damaged and unexploded ordnance. Soon, unit control centers began accounting for all of their people and made calls reporting their status.

Though the wing routinely conducts "bunker run" exercises, they're more than just another exercise, they're a wake-up call, according to Maj. John Slaton, 363rd AEW plans chief.

"We get hazardous duty pay here for a good reason," the major said. "There's no training here. We perform real-world missions everyday. No one can afford complacency - the threat we face is real. The exercises are about being prepared to respond and to continue the mission in the face of that threat."

Indeed, the threat shows no signs of getting smaller. In recent days, Iraq has accused Saudi and Kuwaiti leaders of killing Iraqis, stealing oil and prolonging United Nations sanctions against Iraq. Additionally, in the course of the past months, Iraqi anti-aircraft artillery and surface-to-air missile fire in the Southern No-Fly/Drive Zone increased in an attempt to shoot down patrolling coalition aircraft.

Iraqi military forces also continue to position SAM and AAA batteries in areas that pose a direct threat to the safety of coalition aircrews. To date, there have been more than 700 separate incidents of Iraqi surface-to-air missile and anti-aircraft artillery fire directed against coalition pilots since December 1998.



Senior Airman Karen Sullivan

Members assigned to Prince Sultan Air Base, Saudi Arabia, race for the nearest bunker as Alarm Red sounds over the "Giant Voice," or base speaker system.

TRICARE Web site provides first stop for beneficiary info

WASHINGTON — TRICARE officials want people to know their Internet home page, www.tricare.osd.mil, is a great first stop for beneficiaries to get information on the program.

On the front page, the most recent articles are found about TRICARE from several different news sources on the Internet. A handy A-to-Z drop-down menu at the top of the front page will take visitors to any area of the site they want without having to search from link to link.

Since claims processing is the most asked about issue in TRICARE, information about claims is featured on the home page. By clicking on the "CLAIMS Information" button in the upper right edge of the home page, customers will find step-by-step instructions for filing a claim, downloadable forms and answers to frequently asked questions. Other links from this page take people to a list of local claims offices and information on the new Debt Collection Assistance Officer program.

The button "TRICARE Beneficiaries: Understanding Your TRICARE Benefits" on the upper left side of the home page takes Web surfers to a page of links that lead to extensive information on every aspect of the program from dental benefits to the Senior Prime demonstration. This is the most clicked on section in the 26,000 page Web site.

From that page, visitors can find the toll-free number for their service region, send a change of address to the Defense Eligibility and Enrollment Reporting System, download enrollment forms and find a nearby-authorized healthcare provider, among other things.

Farther out, officials hope TRICARE beneficiaries will be able to make appointments and refill prescriptions online.

Wing recognizes third quarter best

Officials from U.S. Air Forces in Europe and the 52nd Fighter Wing announced recent individual award winners and achievements in leadership, professionalism, innovation and quality assurance.

Here's a look at the winners and their categories:

Third quarter awards

52nd Fighter Wing command group

■ Capt. Darryl Williams, senior manager company grade officer

- Derek Johnston, mid-level civilian category
- Sarah Devens, junior civilian category
- Maria Forstner, civilian category
- Master Sgt. Mark Nicols, Senior NCO category
- Tech. Sgt. Rich Romero, NCO category
- Airman 1st Class Scott Henry, airman category

52nd Operations Group

- Master Sgt. Jose Montes, SNCO category
- Tech. Sgt. Frederick Soechting Jr., NCO category
- Senior Airman John Hoffman, airman category

52nd Civil Engineer Squadron

- Senior Master Sgt. Rick Aldridge, SNCO category
- Staff Sgt. Nadine Vincent, NCO category
- Airman 1st Class Steven Seibert, airman category

52nd Component Repair Squadron

- Master Sgt. William Green, SNCO category
- Staff Sgt. Shane Carbaugh, NCO category
- Airman 1st Class Mars Hinton, airman category

52nd Transportation Squadron

- Capt. Brian Hand, company grade officer category
- Harald Plein, civilian category
- Senior Airman Scott Preston, airman category
- Master Sgt. Douglas Strasser, SNCO category
- Staff Sgt. Michael Hullender, NCO category

52nd Contracting Squadron

- 1st Lt. Mark Hansen, company grade officer category
- Ursula Heck, civilian category
- Susan Casas, civilian category
- Master Sgt. Robert Swett, SNCO category
- Staff Sgt. Duane Frey, NCO category
- Senior Airman Susan Talbot, airman category

52nd Supply Squadron

- Capt. James Smith, company grade officer category
- Robert Onsgard, senior-level civilian category
- Roland Merges, junior-level civilian category
- Master Sgt. Michael Sutherland, SNCO category
- Tech. Sgt. Susan Chandler, NCO category
- Senior Airman Kevin Kunath, airman category

7th Annual U.S. Army in Europe Military Working Dog Competition in Grafenwoehr, Germany

■ Senior Airman Eduard Morales and Argo, 1st place suspect search and 2nd place top narcotic detection team

■ Staff Sgt. Kevin Hubbard and Ricky, 2nd place suspect search

Teacher of the Year 2001, Brussels district

■ Hope Matthews, Bitburg High School music teacher

IDEA awards

■ Tech. Sgt. Tal Clark, 52nd CRS, \$400

■ Tech. Sgt. John Deglia, 52nd CRS, \$400

■ Tech. Sgt. Michael Brooks, 52nd Operations Group, \$200

■ Staff Sgt. Wilbur Harvey, 52nd Medical Support Squadron, \$200

52 CES senior airman below-the-zone

■ Airman 1st Class Marian Castillo

■ Airman 1st Class Steven Seibert

Cuban refugee turned soldier encourages service members to take part in elections

By Sgt. William P. Bradner
Special to the American Forces Press Service

FORT BLISS, Texas, — More than 40 percent of Army members didn't take the time to vote during the 1996 presidential election. During this year's election, at least one soldier will be in line waiting for the doors to open.

Spc. Giraldo Gonzalez of William Beaumont Army Medical Center here lists one of his immediate goals as voting in the 2000 election. He's encouraging everyone in his section to do the same.

"It's a privilege, one that is too valuable to forsake," according to the Cuban-born naturalized U.S. citizen. "My co-workers, more than half didn't care. I'm trying to push them to vote. For me, it's even more exciting, because this is the first time in my life I can have a choice."

Game of chance

Gonzalez fled Cuba in a 10-foot boat with five friends. They built a small motor by jury-rigging a propeller onto an engine used for fumigation. They left behind everything for a chance to win their freedom of choice in America. They became lost between the Bahamas and Florida, but were sighted by a fishing boat and picked up by the U.S. Coast Guard. Their ordeal lasted four days.

"It was dangerous and risky," he said, "but worth it to live in the United States."

Gonzalez was a medical doctor in Havana, Cuba, before fleeing to the states. He's now an operating room technician at Beaumont. He gave up his life there to, in his words, "become a person."

"It was hard to live there," he explained. "It was hard to do anything without being scrutinized. I was tired of living the life where you have two faces."

"This is me. This is who I am."

Gonzalez recalled friends and family members who were

fired or denied job opportunities because they expressed views not shared by the political party. He spoke of times being "obligated" to participate in anti-American or pro-Cuban marches and rallies, out of fear of repercussions at his hospital if he failed to attend. He remembered the time his mother was denied the chance to attend a career-development program because it took place outside Cuba.

"It was hard leaving my mother and all my family," he admitted, "but she was afraid for me and wanted what was best for me."

A new life

Gonzalez had no contact with his family in Cuba for almost four years after arriving in the United States, but he doesn't regret his decision. He recently re-established contact by phone, but he doesn't see himself going home to visit any time soon.

"I'd like to go, but I simply can't right now. Maybe someday," he said.

Until then, he's focusing on his life in America. He enrolled in an English language course and began taking medical assistant classes shortly after arriving in Florida, but changed tracks after visiting in-laws in Panama.

"One of my relatives there was a U.S. soldier," Gonzalez explained. "I used to say 'the last thing in my life I'm gonna do is be a soldier,' but that was in Cuba."

Gonzalez was impressed with what he saw on the U.S. military base. He saw the Army as a melting pot of American society, and remembered the soldiers he met as being professional, treated well and having lives of their own. He was so impressed that he enlisted shortly after returning from vacation.

His next step was to become a citizen.

"No one influenced me (to become a citizen)," he said. "It was my love of this country and my desire to serve in an

unrestricted capacity."

He began a 10-month process of paperwork and took the oath of citizenship just a few months ago. His study guide contained more than 200 questions on the history and government of our nation. The only assistance: His co-workers helped him understand the government and U.S. politics.

"Becoming a citizen was my way of saying 'thank you' for the opportunity to become what I have dreamed," he said.

Gonzalez faces a couple more examinations before attaining all his goals. One he intends to take in the not-too-distant future is the U.S. Medical License Examination.

The American Way

"It tastes better — the triumph — when you attain your goals on your own," he explained. "I don't have a lot, but everything I have came through my sweat. After four years in America, I feel better and trust myself more. I've discovered more potential that I never knew I had before."

He has three pieces of advice to share. He encourages those newly arriving in the United States to "learn the language and the culture because it's a whole new life. I haven't forgotten I'm Cuban — my culture, religion, and folklore-but you have to adapt to the new culture."

The biggest differences between America and anywhere else, according to Gonzalez, are you can be a person here and you can be whatever you want.

"You don't have to be rich to reach your dreams, you just have to work hard," he said.

His final piece of advice: Vote.

"People complain, but they don't play their role," he said.

(Bradner is assigned to the Beaumont Army Medical Center Public Affairs Office.)



Massage therapy

Shawn Hamilton, a certified massage therapist, gives Airman 1st Class Melani Crisosto, 52nd Civil Engineer Squadron, a massage Tuesday at the base Health and Wellness Center. Massages were offered Monday and Tuesday at the HAWC as part of the 52nd Medical Group's Breast Cancer Awareness month campaign. Upcoming awareness events include a free walk-in exams taking place in the Bitburg OB/GYN clinic 1-4 p.m. Tuesday and a discussion by a radiologist on mammograms Oct. 20. (Photo by Airman 1st Class Michelle Roquid)

Red ribbons send message of unity

By Jean Butel
52nd Medical Operations Squadron

Many lives have been lost due to the violence of desperate people under the influence of illegal drugs. Too many have come to view violence and drugs as normal occurrences. Tobacco, alcohol and other drugs wreak havoc on our health system and cost thousands of lives a year.

In 1985, a small community rallied together and pinned on red ribbons in honor of the sacrifice made by one of their own, Enrique "Kiki" Camarena. As a drug enforcement administration special agent, he was brutally tortured and murdered by drug traffickers. He left behind a family.

His death wasn't the first, nor the last. Due to the simple efforts of the community, his death became a catalyst for action. His life is a symbol of the sacrifice of the lives of many courageous

law enforcement officers, as well as the sacrifice of many families who have lost loved ones through the violence that accompanies drug use and addiction.

For one week, we highlight the message that the community sends throughout the year, be it by volunteering, offering services, attending activities or enjoying a healthy lifestyle. It's a message of peace, health and unity. It's a message that says, "we believe in each other and in each person's hopes and dreams. We are people that are committed to this community."

Red Ribbon Week is Oct. 23 - 31. Red Ribbons will be distributed throughout the community during the week. People are encouraged to show their support by wearing a red ribbon or displaying it in a visible location. Call Jean Butel at 452-8299 for more information.



Community Mailbox

Clothing drive

The German Red Cross, or DRK, provides curbside pickup of used clothing for donation 8:30-11 a.m. Oct. 21 on Bitburg. Bags will be placed in housing area mailboxes today for packaging the clothing. Call Loe Bens, 52nd Civil Engineer Squadron, at 452-6811 for more information.

Volunteers needed

Special Children's Day volunteer sponsors, or "huggers," are needed to assist special needs children during the event 8 a.m. to 3 p.m. Nov. 2 at the base fitness center. Call Senior Airman Nicole Veslor at 452-6272 or Airman 1st Class Tiki Wicks at 452-6553.

Hummel signing

A Goebel's master craftsman, Horst Hoffenmeyer, signs Hummels 10 a.m. to 6 p.m. today and 10 a.m. to 4 p.m. Saturday at the base exchange. The signing includes only Hummels purchased at the exchange. Proof of purchase is required. The store will also feature the latest Goebel collectibles.

La Leche League

A meeting takes place 6:30 p.m. Wednesday in the Bitburg hospital conference room. Mothers interested in or currently breastfeeding, nurslings and children are welcome. Call Margaret Loffelman at 06565-7555 or Alice DaFoe at 06561-683893 for details.

Eifel Little League

A board meeting takes place 6 p.m. Thursday in the community activities center. E-mail Susan Valencia at threeraidersfans@aol.com for more information.

Christian club dinner

The Eifel Christian Community Association sponsors a dinner 7 p.m. Oct. 20 at the Spang Club. The theme is "Married for Life." Cost is \$10 for services club members, \$12 for non-members. Call Master Sgt. Bob Lesane at 452-6225 for more information.

Gospel service

"Rockin' With The Cross" takes place 6 p.m. Oct. 21 at the Bitburg chapel. Call Rob Britton at 452-6487 or Chaplain (Lt. Col.) Bob Lynch at 452-6711 for details.

Deployed spouses club news

■Family members' night out at 6 p.m. Oct. 26 at the Mosel dining hall with a Halloween theme.

■Deployed spouses get special rates for e-mail and basic internet service at the Internet Café. Provide a copy of the temporary duty orders and a military identification card to qualify.

Call 452-6727 for details.

Breast cancer awareness

During Breast Cancer Awareness Month, October, the 52nd Medical Group and Health and Wellness Center host the following activities:

■Free walk-in exams in the Bitburg OB/GYN clinic 1-4 p.m. Tuesday.

■Discussion by a radiologist on mammograms Oct. 20.



Senior Airman Jennifer Lindsey

Hoping to strike out

Michelle Melnik, age 4, enjoys a free game of bowling Oct. 2 at the Eifel Bowling Center grand reopening celebration. Michelle's mother, Mary Beth, coaches her from the seats.

■High school health promotion Oct. 24.

■Free walk-in exams in the Bitburg OB/GYN clinic 1-4 p.m. Oct. 31.

For more information, call the HAWC at 453-3161.

Leaders needed

Cub Scout Pack 165 seeks volunteers for cubmaster and activities director. Applicants must be 21 or older and enjoy working with youth. Also, boys in grades one-five may join the pack. Call Tamara Moser at 06562-8182 for details.

Graduation ceremony

A Community College of the Air Force graduation ceremony takes place 2 p.m. Nov. 1 in the Saber Club ballroom.

Eifel Holiday Bazaar

The Eifel 2000 Holiday Bazaar takes place at noon to 8 p.m. Nov. 3, 10 a.m. to 8 p.m. Nov. 4 and 11 a.m. to 5 p.m. Nov. 5. More than 100 vendors from western and eastern Europe attend to sell their wares. Bazaar proceeds are donated to various base quality-of-life initiatives and local charitable organizations. The event is open to U.S. and NATO identification card holders. Call Marcel Fincher at 06565-2965 for more information.

Youth Programs news

■The Youth Programs Halloween carnival and dance takes place 1-3 p.m. Oct. 28 in the Spangdahlem youth center. Entry fee is \$1.

■The pre-teen dance takes place 5-8 p.m. Oct. 28, teens dance from 9 p.m. to midnight. Entry fee for the dances is

\$2, or \$1 for those in costume. Volunteers are needed to help with activities.

Call Youth Programs on Spangdahlem at 452-7852 or Bitburg at 453-6267.

Christmas choir

Messiah chorus rehearsals for December performances take place 3-5 p.m. each Sunday at the Spangdahlem chapel and 7-8:30 p.m. at the Bitburg chapel. Rehearsals are open to anyone wanting to join. No experience is necessary. Music books are provided.

Family support center news

■Children up to 12 years old are invited to watch a movie 3-5:30 p.m. Saturday in the family support center.

■Spouse's day out adventure in Amsterdam takes place Oct. 21. Cost is \$40. Register for the trip at the Information, Tickets and Tours office.

■Cooking for two takes place at 5:30 p.m. Oct. 25 in building 2001 on Bitburg. Class size is limited.

■Movie night featuring, "Shakespeare in Love," takes place 7:30 p.m. Oct. 26 in the center.

■A six-seminar series on improving family communication skills takes place at 6 p.m. Nov. 6, 8, 13, 15, 28 and 30. Participants are encouraged to attend all six seminars.

Call the Spangdahlem FSC at 452-6422 or Bitburg at 453-7491 for details or to register.

Education center news

■The University of Maryland has rescheduled three of its classes to meet upcoming deployments. Classes speech 100, theater 110 and management 161 have been shortened to assist military members who may be involved in upcoming deployments. Enrollment for these classes runs through Oct. 20.

■The College Level Examination Program, or CLEP, helps people earn college-level credits through testing. Participants can earn up to 30 semester hours toward an associate's degree. Cost is \$46 for military family members and free for active duty members.

■Members deploying to certain locations may qualify for 100 percent tuition assistance for certain college courses.

Call the base education office 452-6063 for more information.

Commissioning programs

■Visit the U.S. Air Force Academy Web site at www.usafa.af.mil to find out about preparatory school. Exceptional active-duty airmen are encouraged to apply.

■Officer Training School selectees attend OTS for 13 weeks and are commissioned upon graduation. One of the requirements is a bachelor's degree. Visit www.afots.af.mil for details.

■Gain a commission by taking part in the Air Force Reserve Officer Training Corps while earning a bachelor's degree at any of 150 accredited colleges or universities. Visit www.afots.af.mil/rotc for details.

■A commissioning briefing takes place 2:30 p.m. Nov. 3.

Call the education office at 452-6063 for more information.

New service

The Spangdahlem Eifel Hair Salon is located in the base temporary lodging facility, building 38, and in the Saber Club, building 121. Call the lodging location at 452-7714 or the Saber Club location at 06565-944836.

Love shouldn't hurt

Awareness, involvement first step in preventing another victim of domestic violence

By Michele Linnen
Family Advocacy Outreach

October is designated as Domestic Violence Prevention Month in an effort to increase awareness about domestic violence. Air Force leaders are keenly aware that domestic violence affects not only families and communities, but also a combat-ready force.

Domestic violence is physical, sexual or emotional abuse committed by one family member against another. Domestic violence victims may be a neighbor, colleague or friend. They may also be a parent, coach or partner.

Domestic violence isn't discriminating. People who commit domestic violence and victims can be found in any socio-economic, cultural, ethnic or religious group. The perpetrator or victim may also be of either sex.

Available help

In an effort to help prevent domestic violence and reduce family stress, various programs are available to members and families.

Family Advocacy offices and other agencies provide workshops and seminars for military families to reduce the isolation and stress that is sometimes a part of military life.

Additionally, life changes, such as a new relationship or becoming a parent for the first time, often creates excitement as well as anxiety. Educational groups and classes provide opportunities for Eifel community members to get support and guidance.

Playgroups provide families the opportunity to develop friendships with other parents. Such groups can be especially helpful to new families, single parents and spouses of deployed members.

The mental health staff also contributes to



Senior Airman Jennifer Lindsey

Dr. Suzanne Furman, Family Advocacy outreach manager, hangs string in the base community activities center for the Clothesline Project.

domestic violence prevention efforts by offering psychoeducational workshops, including those on how to master anxiety and stress, mood management and substance abuse awareness. When intervention and treatment are necessary, specialists are also available for one-on-one assistance.

Resistance to seeking help

Some members are reluctant to seek help from Family Advocacy or other agencies due to the fear of harming their military career.

Air Force leaders have clearly stated domestic violence prevention efforts are to be commended. Preventive measures, such as seeking help from a treatment manager to address a minor family conflict, isn't documented in medical records. However, maltreatment cases are.

Therefore, getting help before a violent act

is committed is the key to not only maintaining a healthy family, but it can also positively impact the active-duty member's career for most substantiated domestic violence maltreatment cases.

Research shows abusers with more than moderate substantiated abuse cases are promoted more slowly and receive less than honorable discharges. Service members are seldom discharged solely for partner violence.

Community involvement

Domestic violence prevention is everyone's responsibility, including the mandatory reporting of suspected domestic abuse. Reports can be made anonymously and reported abuse cases are addressed with sensitivity for all parties involved.

Preventive measures significantly help. Air Force cases of domestic violence have

declined in recent years. Reducing domestic violence cases requires increased community awareness about domestic violence including control and low-self esteem issues.

Clothesline project

The Clothesline Project provides the local community a forum to collectively recognize people who may be or have been victims of domestic violence and to stand in solidarity against such violence. Community members may display creative works expressing their feelings or experiences.

The project began in 1990, when members of the Cape Cod Women's Agenda hung a clothesline with 31 shirts designed by survivors of assault, rape and incest across the village green in Hyannis, Massachusetts. Women viewing the clothesline came forward to create shirts of their own and the line continued to expand.

Like the AIDS quilt, the clothesline puts a "human face" on family violence statistics. The beauty of this particular project is its simplicity. Survivors needn't be artists to create a personal tribute. The power is in the personal.

The "clotheslines" are located in the Bitburg Chapel foyer and in the base community activities center ballroom. Drop-off boxes are also located in building 67 and on Bitburg in building 161 for anonymous donations.

Encourage people overwhelmed with stress or in an unsafe relationship, gently and without judgment, to reach out. Sometimes, simply talking to someone relieves the lonely feeling that's commonly experienced by people who are stressed, confused or afraid.

Domestic violence can be stopped. Call Family Advocacy at 452-8279 or 453-3128 for more information about the Clothesline Project or other domestic violence prevention and intervention programs.

Growers expect 2000 crop to produce premium wines

By Iris Reiff
52nd Fighter Wing Public Affairs

People constantly see tractors with farmland equipment parked every-where along the Mosel in the vineyards.

Hundreds of hard-working people, both men and women, from the Moselland area are as busy as ever harvesting what is known as the Moselland gold. Climbing up and down the steep hills they make sure they harvest all the grapes and don't miss out on any.

This year's wine

"The Millennium crop will make a good wine," said Ernie Bollig local vintner from Trittenheim. "The harvest of the first crop is presently in full swing and with a golden October - which means the weather stays nice and sunny for the next 10-14 days — the Spätlese, Auslese and Kabinett wines will become good with a riper grape."

But what exactly makes a good wine? Along with the soil, climate and landscape, harvesting methods for the grapes at various degrees or ripeness determines the character of the wine. Grapes also need the right amount of sun and rain to ripen.

Germany has nearly 100,000 hectares (240,000 acres) of vineyards. About 88 percent of this area is planted in white and

12 percent in the red grape variety.

Spangdahlem people live at the doorstep of a delightful wine region, where some of the finest — if not the best — white wines in the world originate. The wines are sweet and fruity.

The wine growing area of this region has more than 25,000 acres, 75 percent of which are covered with Riesling vines, the rest cultivated with Mueller-Thurgau, Elbling and other varieties. The average annual yield is about 22 million gallons of wine.

The vast area from Trier to Koblenz, where the Mosel joins the Rhine, has too many wine-growing villages to mention.

Each town and village has some fine vineyards, many with a worldwide reputation for top quality wines.

Harvesting times

For the earlier grapes, such as the Mueller-Thurgau or Elbling, the Weinlese or grape harvest began in September and just ended.

Grapes that need a little longer to ripen, such as those of the popular Riesling vines, are harvested from mid-October until mid-November.

See Harvest, Page 11



Some of the best wines grow a short distance from the base on steep vineyards located along the Mosel River.



Lt. Col. Paul McIntosh, 52nd Fighter Wing safety chief, and his wife, Sheryl, pick grapes.

Capt. Neil Oakden, 23rd Fighter Squadron, carries a container filled with Riesling grapes to a trailer to unload and start picking again.



Courtesy photos

Ryan Taylor hands out buckets to workers in the vineyard during a 23rd Fighter Squadron grape harvesting trip on Columbus Day last year.

Movies

All movies play at 7 p.m. unless otherwise indicated.

Bitburg Castle

Today

Art of War (R)

Saturday

Art of War

Sunday

Art of War

Closed Monday and Tuesday

Wednesday

Titan A.E. (PG)

Thursday

Big Momma's House (PG-13)

Spangdahlem Skyline

Today

X-Men (PG-13)

X-MEN is the live-action, big screen adaptation of the most popular comic book series ever. Outcasts since birth, the X-Men are the next step of human evolution, each born with a unique genetic mutation that give them extraordinary powers that they've learned to harness for the greater good. But mankind fears what it doesn't understand, and the X-Men soon realize that the race they fight to protect against incalculable evil rejects them. Action violence.

Saturday

Tommy Thomas Magic Railroad (G) (4 p.m.)

X-Men (7 p.m.)

Sunday

Tommy Thomas Magic Railroad (G)

Monday

X-Men

Tuesday

Fantasia 2000 (G)

In this update of the 1940's animated Disney classic film is the mixture of animation and music. New interpretations of great works of music are presented. Set to the music of Beethoven's Fifth Symphony, The Pines of Rome, Rhapsody in Blue, Piano Concerto No. 2, Pomp and Circumstance and The Firebird. Mickey Mouse stars in the Sorcerer's Apprentice and Donald Duck is Noah's assistant.

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 453-7541.

"Magic Impossible"

Hans Klok, the world's fastest magician, can be seen Oct. 22 at 8 p.m. in Trier's Europa hall. "Magic Impossible," is Klok's European tour, including 51 cities in Germany. Doors open at 7 p.m. Tickets prices start at 52 DM. More information and tickets are available at 0651-97055-0 or via fax 0651-9705515. There's a ticket hot line in the German language at 0651-9941188. To get to Trier's Europa hall, take the Autobahn into Trier and follow the signs to the Europa hall. Parking is available around the Trier Theater near the Europa hall.



Hardy Mueller

Harvest

Continued from Page 10

Starting times for the harvest in a geographic area are always decided by the local government. Then it's up to a commission of wine growers within that area to determine individual harvesting times, which may vary from village to village.

Mosel wines

Mosel wines are characterized by their fine bouquets, golden color and typical aromatic elegant piquant taste. Some Mosel wines are robust and lively with high acidity; others are stimulating with a fruity

taste. There are also light wines.

Although Mosel wines have a common basic character, they differ from village to village and vineyard to vineyard, depending on the soil. Famous names include Wehlen, Bernkastel, Uerzig, Zeltingen, Piesport, Graach and Trittenheim. Wines from the Saar and the Ruwer resemble those of the Mosel family.

A distinctive product of this region is wine from the Riesling vine. The grapes of the Riesling vine stock are small and contain a large number of seeds. They need a longer time to ripen, are harvested in late October, November and even December, and don't produce as much juice

as other types of grapes.

Riesling juice is highly concentrated and produces a full and rich wine taste. Consequently, wines made from Riesling vines are more expensive.

Wines are divided into quality categories. They're continually controlled and must pass a critical examination before they can be sold. Quality wines with special attributes are top wines and bear a special name specifically defined by law.

Since 1971, the label indicates clearly the quality category. Denominations and their characteristics are Kabinett, Spätlese, Auslese,

Beerenauslese, Trockenbeerenauslese and Eiswein.

Grape picking

Groups of a minimum of 10 and maximum of 12 people who would like to help pick grapes for a few hours on the Mosel should contact Ernie Bollig in Trittenheim at 06507-99009.

Only groups of 10-12 people who are serious about this offer should call. Individual requests are not accepted.

Group picking dates are Oct. 20, 21, 27, 28 and Nov. 3 and 4 and can be booked a week prior on a first-come, first-served basis.



Out and about



■The second "Monkey Jump" bar-hopping festival of Wittlich takes place Saturday. Starting at 7 p.m., about 18 local pubs, mainly located in the pedestrian area and around the market place, host 20 different bands from throughout Germany. Visitors of all ages pay a 15 DM at the first pub they enter, which grants entry to all other places. Blues, swing, jazz, rock, soul, funk, oldies and some classical music is scheduled.

■Listen to a mandolin concert Saturday at 8 p.m. in the Hetzerath school gymnasium. The concert will be performed by Vino & Musica.

■Enjoy a bird show Saturday and Sunday 10 a.m. to 6 p.m. in the Dreishall, located in Dreis near Wittlich. In addition to birds, people can see reptiles, plants and more.

■A traditional mountain bike excursion and a volksharvest are sponsored by the Kylltal Erdorf e.V.

sports club Sunday. The first event takes place 9-11 a.m., while the volksharvest takes place noon to 2 p.m.

■Reserve your tickets now for this year's "Christmas Moments" concert and show by Thomas Schwab and his 24-person ensemble. Performances in the local area are scheduled for Dec. 1 in the Wittlich Atrium hall, Dec. 9 in the Dreishall in Dreis, Dec. 16 in the Bernkastel-Kues Moselland hall, Dec. 21 in the Trier Europa hall, or Dec. 23 in the Bitburg-Edith-Stein hall. Tickets can be obtained through Santana Musical Production at 06531-94404 or order via fax number at 06531-9446.

■A classical chamber concert featuring the Cologne Duoette ensemble takes place at 8 p.m. Saturday in the Schloss Malberg (castle), located near Kyllburg.

■Stores will be open 1-6 p.m. Sunday in the town of Saarburg. Prizes will be given away during a raffle.

Furthermore, fresh farm products will be offered as well as handicrafts. Demonstrations take place in different areas of town. To get to Saarburg, go to Trier and follow the signs toward Konz and then Saarburg, driving along the Mosel.

■A jazz concert featuring musical entertainment by the "Boys in Jazz" band takes place at 11 a.m. Sunday in the Kyllburg Haus des Gastes.

■Reserve a table now for a group of 10 people or more to celebrate the Wittlich October festival Thursday through Oct. 22, Oct. 26-31, Nov. 2-5 or Nov. 9-11. The festival is located on Industriestrasse 3, near the Colosseum disco. Tables can be reserved now at 06571-696-101. Entry is free on week nights; however, there is a 5 DM entry fee per person on each Friday and Saturday night.

■People who would like to participate in a four-hour guided march

through the Gerolstein volcanic area of "Rockeskyller Kopf" Sunday must contact the Gerolstein Tourist Information Office now at 06591-13180 to register. A visit to a distillery follows the march.

■A jazz concert featuring traditional music and Latin-American tunes takes place Sunday in the Kyllburg Haus des Gastes. Entry is 15 DM per person.

■Visit a flea market Sunday at the Trier Messpark fairgrounds; in front of the Konz Edeka shopping center; inside and outside the Bernkastel-Kues Gueter hall; inside and outside the Zeltingen Kloster Machern; in the Piesport Moseltal hall; at Bollendorf near the Luxembourg border; at the Enkirch fairgrounds; and in front of the Idar-Oberstein Globus Handelshof center.

■The first millenium wine can be sampled at a Federweissen festival today and Saturday evening in the Mosel town of Kroev.

Eifel sports world

Fun run

A Breast Cancer Awareness five-kilometer fun run takes place 9 a.m. Oct. 27, starting at the base fitness center.

The event is free and participants get a T-shirt. Registration deadline is Oct. 25. Call 452-6634 for details.

Youth winter sports

Registration for youth basketball and cheerleading, ages 5-14, takes place 7 a.m. to 5:30 p.m. now through Monday in the base youth center, building 427, or on Bitburg, building 84.

Cost for basketball registration ranges between \$35 to \$55. Cost for cheerleading registration is \$40. Call youth programs at 452-7545 for details.

Sports store closure

The Saber's Edge sports and bike shop closes Oct. 23-26 for renovations.

Eifel Mountain Golf

The annual Turkey Shoot Golf Tournament takes place Nov. 18. Cost is \$10 plus green fees. Call 452-6821 for details.

Run/Walk Race

The annual Turkey Trot five-kilometer running and walking event takes place Nov. 17. Call 452-6634 for details.

Fitness center news

Spangdahlem

■The nautilus room closes Oct. 23-26 for new equipment installation.

■The upstairs cardiovascular fitness area closes through Monday for renovations.

■Intramural volleyball games continue through Nov. 16. Call for game times.

■Varsity basketball tryouts take place now through November. Call for times and dates.

■Correction: Kickboxing aerobics takes place at 6:30 a.m. Tuesday and Thursday, and 6:30 p.m. Monday and Wednesday. Cost is \$3 per class or \$25 monthly.

■Kuk Sool Won classes take place at 7-9 p.m. Tuesday and Thursday.

■Strength training class takes place at 9 a.m. Monday, step aerobics takes place 11 a.m. Tuesday and circuit training takes place at 11 a.m. Thursday. Cost is \$3 per class or \$25 monthly

The center opens 9 a.m. to 8 p.m. Saturday and Sunday. Call 452-6634 for more information.

Bitburg

■Correction: Aerobics classes take place at 6 p.m. Tuesday, Wednesday and Thursday. Cost is \$3 per class or \$25 monthly.

The Bitburg fitness center opens 11 a.m. to 7 p.m. Monday through Friday and 9 a.m. to 3 p.m. during contingency appreciation days and holidays. It's closed Saturday and Sunday. Call 453-7710 for details.

Barons remain undefeated

Game meets early end as Bitburg rolls to 44-0 score

By Rik Carr
Bitburg High Barons

Bitburg High School's "Big Blue Machine" ate up its first conference foe 44-0 Oct. 6 to remain undefeated in Division II play.

The Allied Forces North Lions suffered their second conference loss and their first shutout of the season.

It didn't take the Barons long to put points on the board, starting out from their own six-yard line. Six plays later, Billy Freeland scored from four yards out. Running back Jason Moss was credited with most of the yardage as he caught two Nick Johnson passes for 68 yards and ran for another 22 yards.

Defense got the next score as tackle Kenny Friend drilled an AFNORTH player in the end zone for a safety and an 8-0 lead.

Second quarter play for the Barons has been most productive, and the Barons continued their 20-plus point second quarter session average by racking up 24 points. Moss was the first to score on an 82-yard punt return. Freeland punched in a two-point conversion upping the score to 16-0. A five-play, 42-yard drive followed with a Moss touchdown. Jed Balliett's subsequent kickoff died at the three-yard line and set up the following score. An AFNORTH player tried to pick up the ball, but Matt Reynolds stripped the ball and Quinton Shackelford fell on the loose ball in the end zone for the score. A Nick Johnson point-after try put the Barons up 30-0 to end the half.

In second-half action, Barons safety Charlie Pierce picked off one of his three interceptions to give the ball back to offense. Nine plays and 96 yards later, Freeland caught a Johnson pass for 26 yards. Reynolds added a 50-yard gain on the drive. Freeland then took the ball in from the five and Moss caught a Pierce two-point conversion for a 38-0 score.

During the remainder of the third quarter, the reserves took over and, like the starters, held the Lions scoreless. The game came to a halt early in the fourth quarter as the Barons stopped a possible Lion score and took it over on their own five-yard line. On the next play, Moss blew through the line and sprinted 95 yards for the final Baron score and stoppage of the game. (Department of Defense Dependent Schools mercy rule is 40 points more than the opponent.)

Again the defense denied a rushing TD and stand at three games without allowing a ground score. Two defensive scores were put up on five interceptions. Freeland at linebacker combined for 12 tackles and two sacks behind the line to become the games defensive leader. Pierce, Reynolds, Moss and J.D. Alvarado combined for 27 tackles and dominated the Lions offense.

Junior varsity

In Baron junior varsity action, it was much of the same as they continued their win streak by posting a 7-0 victory.

Saturday the Barons finally play at home in their homecoming game. They host the International School of Brussels in a must-win game for conference dominance. ISB doesn't have a JV team so the juniors will have an inter-squad scrimmage beginning at 10 a.m. The varsity game follows at 1 p.m. with a fifth quarter on tap to allow the JV squad to play the ISB reserves.

Family of four earns black belts together

By Capt. Matthew Borg
100th Air Refueling Wing Public Affairs

ROYAL AIR FORCE MILDENHALL, England — Talk about a fearsome foursome. The Hamiltons of RAF Mildenhall are lethal.

Kevin and Rhonda Hamilton, along with their two children, Kayla and Joshua, recently earned their first-degree black belts at the European championships of the Korean martial art of kuk sool won.

Kuk sool won is an all-encompassing martial art, combining normal hand and foot striking with deadly pressure points and incapacitating joint locks. Weapons, including sword, staff, fans, cane, short swords and short stick are also part of the art.

What started as an activity for his two children, turned into family "quality time," said Master Sgt. Kevin Hamilton, 100th Air Refueling Wing Professional Development Center superintendent.

"We were bringing them and watching from the bleachers anyway, so we figured, why not join?" said Hamilton.

Their instructor, Darren Hart, 29, said much of the Hamiltons' success in the martial art has to do with the fact that they are doing it together.

"If everybody in the family is doing different activities, they aren't going to get the time to practice," said Hart. "If their whole family participates, they can do group training in and out of class."

Rhonda agrees, saying she always has someone to practice with. Kayla, 10, agrees with her mother.

"I like having my brother doing kuk sool won with me,"



U.S. Air Force photo

The Hamiltons pose on either side of their kuk sool won instructor, Darren Hart.

she said. "I can practice with him instead of having someone that I don't know."

In addition to the built-in practice partners, Hamilton said the family also benefits from doing an activity together three times each week.

"It has definitely strengthened our relationships," he said. "The time we spend together creates a lot more opportunities for communication. We seem to want to do more things together."

The next immediate goal for the family is the second-degree black belt, which they will test for in 2002. But for now, they are enjoying their recent accomplishment.